

## Abstract of Disclosure

Disclosed is a compact self-ballasted fluorescent lamp that includes a phosphor coating provided inside a glass tube bent to have a double-spiral configuration. The arc tube has two spiral parts that are wound around an axis "A", and a turning part joining the two spiral parts. At any cross section of the glass tube, the applied phosphor coating is thicker in the inner surface of the glass tube near the ends of the glass tube in the axis "A" direction, than in the inner surface near the turning part.